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## 'So much pain and crying'

GRIEF

### Kim Johnston opens up about the death of her sister, Kristin



**Zane  
Woodford**  
Metro | Halifax

For the last two weeks, Kim Johnston has been in shock, reeling from the death of her sister.

"It starts to wear off, but then it comes back again," she said in an interview with Metro, her first public comments since her sister, 32-year-old Kristin Johnston, was killed in Halifax last month.

"The grief comes in certain times, like you hear a song, or right before bed, especially for our family, it's first thing in the morning because for a minute your brain forgets that it happened."

Kristin was Kim's little sister, but the two were close, she said they were more like twins.

"She was so loving, and so funny, and so incredible at just

making you feel like whatever was happening in your world was also important in her world," she said. "She just had that amazing ability to love the things that you loved, and make you feel special."

Kim's phone number was the last one Kristin had called, and the first one police tried after they found her dead.

"I just remember things almost spinning and having to sit down, and then my daughter was crying and crying and crying because she could sense something," she said.

Police were vague on the phone.

"They just said, 'Get to Halifax,'" she said.

Kim, who is expecting another child in the coming weeks, lives in Tofino, B.C., and her father was there at the time as well. Within an hour, he was on a plane bound east.

"I think he assumed the worst and just made travel plans," she said.

Johnston said the delay in the police investigation, with the person of interest still in hospital, has sort of "put the grieving process on hold, but in a way

it's been good because we've had the week to just focus on Kristin and the funeral and just honouring her."

"For the first week, there was of course so much pain and crying and disbelief, but you also have to plan a funeral and you also have to go and identify the body," she said.

"I think that shock allows you to go through the motions of organizing that."

She said police have shared some information with her, but they're trying to protect the case. She thinks she knows enough now.

"We're in early days, it's easy to say you don't want to know now, but you know, we're still at the beginning of this journey," she said.

"I think part of healing from this is you have to know, and you have to replay it in your head. That's one part of letting the person go."

**• Family expects case to  
move forward this week  
• Halifax memorial pays  
tribute to Kristin Johnston**

metroNEWS



Kristin Johnston, left, with her sister Kim and her niece Hannah. CONTRIBUTED



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A couple walk along the St. Margaret's Bay Trail under a blanket of fresh April snow on Sunday. JEFF HARPER/METRO

## April shivers are no surprise

### WEATHER WOES

### A snowy spring isn't unusual, says Halifax meteorologist



**Philip Croucher**  
Metro | Halifax

They are the three words we all want to hear: "No more snow."

But the truth of the matter is spring storms like the one that brought about 15 centimetres to the Halifax region on Sunday are quite normal, says a meteorologist with Environment Canada.

"We think of flowers and green grass and stuff (in April), but truth of the matter is we can still get snow," Environment Canada meteorologist Jeremy March said on Sunday afternoon.

So how much did we get from this blast of Old Man Winter?

We were forecast to receive

about 10 centimetres, but many of us hit around 15, with the highest report coming in from Hammonds Plains at 17 centimetres.

It can be difficult forecasting storms in early spring, March said, especially when a push of cold air could bring more snow than expected.

"When the system comes in from the ocean there are so many variables at play. Weather forecasting is far from a perfect science," he said. "Sometimes

we are bang on and sometimes we are a little off."

Halifax was hit twice with snow in April last year. The region received about 13 centimetres in a system on April 6 and 7, then on April 27, there was a dumping of more than eight centimetres.

"No promises, I can't promise anything," March said, when then asked if we've seen the last of the white stuff. "All I can promise is that I'm going to get paid every two weeks."

### + BIG HITS

Here are some of the highest snow readings across Halifax Regional Municipality from Sunday's storm:

**17 cm**  
Hammonds Plains

**16 cm**  
Enfield

**15 cm**  
Halifax Stanfield International Airport

**15 cm**  
Fall River

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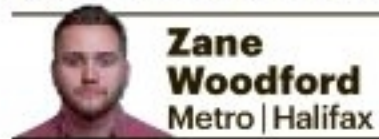




# Victim's sister waits for answers in case

## HOMICIDE

**Kim Johnston expects person of interest to leave care soon**



**Zane Woodford**  
Metro | Halifax

Kristin Johnston's sister says she expects the person of interest in her sister's homicide will be released from hospital this week.

"I think it'll all be clear next week when he's released from hospital," Kim Johnston said in an interview with Metro.

"I would say we'll probably have some answers and that he won't be (in the hospital) anymore."

The person of interest in the case was arrested on the day of Johnston's killing, March 26, but he had to be brought to hospital for treatment of what police are calling significant, but non-life-threatening injuries.

He was released from police custody that day, "pending treatment of his injuries." The next day, police couldn't confirm whether he'd be arrested when his condition improved.

"We can't say for sure, but certainly our investigation will progress, and we do hope to speak to him, as he is a person of interest," said Halifax



**Forensic investigators process the scene of Kristin Johnston's death on Oceanview Drive in Halifax on March 26.** JEFF HARPER/METRO

Regional Police spokesperson Theresa Rath on March 27.

"We're not looking for anybody else in this file."

Police were originally called

to Johnston's home on Oceanview Drive, just off Purcells Cove Road, at about 7:45 on the morning of March 26 for an "unknown trouble call," and

found Johnston's body inside the home.

Details of her death have been few in the weeks since.

Kim Johnston said police have shared some information with her, but she understands why they've been tight-lipped in the media.

"They really want to do their job, so that justice is served, and they can't hurt their investigation," she said.



**Kristin Johnston 'affected everyone here on a personal level,' said friend Kim Kennedy.** FACEBOOK

## MEMORIAL

### Loved ones honour Kristin Johnston's life



**Nicole Gnazdowsky**  
For Metro | Halifax

Kind, witty and dignified were a few of the words friends used to describe Kristin Johnston at a memorial service held in her honour on Saturday.

The Shambhala School held an open service in the gym from noon until 3 p.m., inviting friends, family and acquaintances out to celebrate Johnston's life.

Johnston's family and friends wanted to give the community a chance to talk about Kristin in the bigger picture, beyond the fact that she was a talented yoga instructor who brought the first Bikram studio

to Halifax after moving from Montreal.

"She is not a fixed gear heart — she could snap into any role to fit any heart," said long-time friend, Ryan Cox.

The centre was filled with about 100 of Johnston's loved ones who shared stories, poetry, and music in her memory. Many people dropped by including former students to show their support.

"Though I've only been going to her studio for two years and have known her as an instructor, I feel like I've known her all my life as a really good friend. I think that's how she affected everyone here, on a personal level," said Kim Kennedy.



**She is not a fixed gear heart; she could snap into any role to fit any heart.**

Ryan Cox

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# Shelter worker 'an inspiration'

## DEDICATION

**Sherry Keizer volunteers 40 hours a week at Adsum House**



**Yvette d'Entremont**  
Metro | Halifax

"Sherry is quite possibly one of the most genuine, convivial, and dedicated people I have ever had the pleasure of working with."

That's how Adsum House spokesperson Kathy McNab describes volunteer Sherry Keizer.

For the past four years Keizer has volunteered at the emergency shelter for homeless and transient women and their children.

She first became familiar with Adsum House as a client.

"I started coming down as a client accessing the clothing room for starters and a lady that was working here at the time said you'd make a lovely volunteer," Keizer recalled.

"I gave it a try and never left."

On April 13, Keizer is receiving an HRM volunteer award after being nominated by Adsum House.

Besides having multiple sclerosis, fibromyalgia, osteoporosis and osteoarthritis, Keizer also has health issues due to a 1997 car accident. She walks



Sherry Keizer dedicates much of her time to volunteering at Adsum House, an emergency shelter for homeless and transient women and children despite suffering from health issues of her own — including multiple sclerosis and fibromyalgia. She will be receiving an HRM volunteer award on April 13. JEFF HARPER/METRO

with a cane, but doesn't let any of that slow her down.

"She is an inspiration as she works long and hard hours and moves around as well as anyone younger and less mobile can do," McNab said in the

Adsum House submission to the HRM volunteer awards.

"She inspires everyone by her work ethic, dedication and by making the work fun."

In addition to her work in the clothing and sorting room, Keizer provides back up at a moment's notice for volunteers who can't work and she trains new volunteers.

"Sherry is creative in finding solutions to everyday challenges that occur, be they as simple as a broken window or as complex as needing to

address sensitive issues of transphobia or racism," McNab said about Keizer.

Keizer said she's just willing to do whatever needs to be done.

"Sometimes I'm here seven to eight hours a day. I treat it as a full-time job," she said.

"I'm supposed to start at quarter to 10 and I'm here sometimes by 20 after 9 in the morning. I just love what I do. That's basically how you can sum it up."

Keizer said knowing that

she's making a difference in the lives of the clients served by Adsum House is a huge reward.

"You go home, you chill for the night and then you say 'Let's go back and do it all again tomorrow,'" she said.

"It's wonderful. I live in the community so it gives me the opportunity to give back to my own community."

In addition to her work at Adsum House, Keizer is also a Beaver leader with Scouts Canada.

## + NOMINATIONS

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes.

**“She is always warm, welcoming, and friendly, and no matter how hectic things can get, she is never too busy or preoccupied to strike up a friendly conversation.”**  
Kathy McNab

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6

Halifax metro NEWS



The newly constructed giant bin held more than one million tickets on Saturday at the Ashby legion's Chase the Ace contest. TC MEDIA

# Prize \$2.2 million and still counting

ASHBY LEGION

## Jackpot in Nova Scotia Chase the Ace keeps growing

The cultural phenomenon that is Chase the Ace has been touched by a bit of magic.

Shortly after the winning ticket was drawn at the Ashby legion on Saturday evening and while all waited for a winner to come forth, the assembled crowd of several hundred people spontaneously burst into song as Rita MacNeil's Working Man played over the legion's loudspeakers. It was a touching moment as stran-

gers shared a common bond in song. The crowd even gave itself a well-deserved ovation.

Amazingly, just moments later, the winner was presented as Glace Bay's Janet MacDonald, whose father it turned out was a former coal miner.

When informed of the eruption of voices in accompaniment to the Working Man song that is about Cape Breton coal miners, MacDonald exclaimed: "Ah, that's one of my favourite songs."

The 40-year-old mother of three, whose husband James is working in Prince George, B.C., said she is splitting the \$327,129 win with several family members, some of whom were on hand to share the moment with her.

### + NEXT DRAW

Organizers also announced that from now on the draw will take place every second Saturday, with the next draw scheduled for April 23.

MacDonald was one of thousands of people who collectively spent more than one million dollars on tickets for the draw that featured a jackpot of \$1,989,747.

And, because the ace of spades is still in the deck, the game is still alive with a new, estimated jackpot of \$2.2 million, a figure that makes it the largest Chase the Ace prize on record. TC MEDIA

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# Premier criticized over tax comments

## ARCADIA ENTERTAINMENT

### 'We exist,' film company says at conference



**Sarah Rae**  
For Metro | Halifax

John Wesley Chisholm and the Arcadia Entertainment team want Premier Stephen McNeil to know they do indeed exist.

That was the purpose of Friday's "existential press conference" at Arcadia's Quinpool Road offices.

"Yesterday the Premier of Nova Scotia said that we don't exist, and I'm here to say that we do," Chisholm, president of Arcadia, said to media surrounded by his colleagues.

The clip he's referring to shows McNeil speaking to media, talking about the full-time, permanent jobs provided

by the digital tax credit. When a reporter says that's exactly what's said about the film tax credit, McNeil replies, "We didn't see that."

The film tax credit had been in use for 20 years, but was cut last year by the Liberals. In response to protests, a tax credit specifically for digital and animation media was reintroduced, leaving out live-action productions like those Arcadia creates.

One of Arcadia's most popular programs is Hope for Wildlife, which airs in more than 100 countries and profiles the wildlife rescue of the same name. Hope for Wildlife staff and a few of the animals they care for, including a skunk, were also at the rally.

There are more than 30 full-time staff employed by Arcadia, and Chisholm said he'd like McNeil to know many of them have had their jobs longer than he's had his as premier.

Andrew Killawee, a writer and director, said he's had his



**Premier Stephen McNeil.** JEFF HARPER/METRO FILE

job for 14 years, since before McNeil was an MLA.

"Fourteen years is as full-time a job as you can get," he said. "They exist here in the province

and the premier has to own up and either say what he really thinks or he's got to come clean and have some serious talks with us because we're in crisis mode."

## CRIME

### Three charged for fleeing stolen car



**Zane Woodford**  
Metro | Halifax

Halifax police have charged two teenage boys and a man caught fleeing from a stolen car Saturday night.

Police said an officer saw a reported stolen vehicle travelling on Jubilee Road at about 8:30 p.m. That officer then found the vehicle nearby at the corner of Cherry Street and Robie Street, and the three people inside had run off.

The officer caught up with the three and arrested them nearby.

Two 17-year-old boys were held in custody waiting to appear in court on Monday, and an 18-year-old man was released and will appear in court at a later date.

All three face charges of flight from police, dangerous operation of a motor vehicle and possession of a stolen vehicle.

The two boys also face charges of robbery, assault with a weapon, threats and breaches of conditions from a March 31 incident.

## DARTMOUTH

### Police looking into suspicious death



**Philip Croucher**  
Metro | Halifax

Police are investigating a suspicious death in Dartmouth.

At around 7:40 p.m. Sunday, Halifax Regional Police were

in the 0 to 100 block of Joseph Young Street in relation to an "unresponsive adult in a residence," a release stated.

Officers were called just before 6 p.m., with patrol members and the forensic identification section on site. The investigation is in its early stages, according to police.

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QUEEN'S MARQUEE



## NORTHWEST PASSAGE

## Northerners prepare for giant cruise ship

Sir John Franklin would have been astounded.

The Northwest Passage which he and his doomed crew of Arctic mariners sought is to be plied this summer by a ship roughly eight times as long and carrying 25 times as many people as Franklin's flagship in 1845.

The Crystal Serenity, the biggest cruise ship to plan a transit of the legendary passage, is so large that Canadian officials are holding special meetings this week to prepare. Residents in the communities along its route, who will be outnumbered by the ship's passengers and crew, are already planning for a visit that won't happen until August.

"We get a lot of cruise ships, but this one is so large it will impact us significantly such that we need months to prepare for it," said Vicki Aitaok, who's organizing a reception in Cambridge Bay, Nunavut, about midway along the route.

Every summer, about 10 cruise ships carrying a total of about 2,600 passengers sail



The Crystal Serenity.  
THE CANADIAN PRESS HANDOUT

through all or part of the Northwest Passage. The Serenity, with more than 1,000 passengers and 700 crew, is in another league.

"It's fair to say that when you have 1,700 people making this particular voyage, it caught the attention of both the American and the Canadian Coast Guard," said Jeff Hutchinson, the coast guard's deputy commissioner.

On Wednesday, officials from both services, together with ship operator Crystal Cruises and Transport Canada, are to run tabletop simulations to test the capabilities of both the company and potential first responders.

THE CANADIAN PRESS

### IN BRIEF

#### Keystone pipeline reactivated at low pressure

Oil is flowing once again through the Keystone pipeline after a leak in South Dakota caused a shutdown that lasted more than a week.

TransCanada said in a news release that the cross-border line was restarted Sunday following permission that was granted by the Pipeline and Hazardous Materials Administration in the U.S.

The company says the line will operate at a reduced pressure as part of the plan that was approved to return it to service.

THE CANADIAN PRESS

#### Life-insurance industry addresses assisted dying

Life-insurance providers have told the federal government its members are willing to lift the standard two-year exemption for suicides and pay out policies on people who end their lives through physician-assisted death, says the head of the industry's professional association.

Frank Zinatelli said if someone follows the legislated process, which is expected to be announced as early as next week, then providers would pay out on policies that are less than two years old.

THE CANADIAN PRESS

# Mulcair out as leader

## NDP CONVENTION

## Just 48% of delegates voted to keep him at the helm

Rank-and-file New Democrats handed Tom Mulcair another ballot-box drubbing Sunday, voting to replace him as leader less than six months after a devastating election loss that dashed the party's dream of forming Canada's first federal NDP government.

A stunned silence fell over the convention floor at Edmonton's Shaw Conference Centre as delegates realized that not only had Mulcair not attained a respectable level of support, he hadn't even reached the 50 per cent threshold — unheard of in a federal leadership review.

As a result, the man who less than a year ago was being touted as poised to become Canada's first-ever NDP prime minister instead became the first federal leader ever to be rejected by a majority of delegates — 52 per cent — at a party's annual convention.

"The only thing that's important is that we leave here united," a calm, resigned-looking Mulcair told delegates after the vote.

Mulcair said he'll remain as leader until his successor is chosen, within 24 months.

He thanked his wife and the delegates, and urged the party to come together around his successor, whomever that turns out to be.

"We will always be the party that dreams no small dreams," Mulcair said. "We will always be the party that thinks about the little guy."

A bare-minimum 50 per cent plus one vote would have been necessary for Mulcair to stay on, let alone have anywhere near enough support for a con-



Tom Mulcair pauses during his speech at the NDP federal convention in Edmonton on Sunday. The NDP have voted in support of holding a leadership race. JASON FRANSON/THE CANADIAN PRESS

fident mandate — a threshold some had pegged at closer to 70 per cent.

It was a far worse result for Mulcair than even his fiercest detractors might have expected, the culmination of a festering dispute over the NDP's future direction in the wake of an election defeat that robbed the party

rank-and-file members to stand with him.

In a speech some observers characterized as uninspired at times and passionate at others, Mulcair said he has accepted the blame for the mistakes of last year's disappointing election campaign, but insisted he is re-energized, re-inspired and



The person who replaces me must have the absolute and complete support of 100 per cent of the members of the NDP. Tom Mulcair

of more than half its seats and the spiritual core of its caucus.

"I'm saddened by the result but we live in a democratic system, we have a democratic party," said British Columbia MP Peter Julian.

Prior to Sunday's vote, Mulcair made one last pitch to the New Democrat faithful to allow him to stay on as leader, urging

re-engaged after six months of meeting grassroots supporters.

The rift within the NDP over Mulcair's leadership was evident during the speech. Some supporters jumped to their feet to applaud and express their support, while others on the convention floor stayed stone-faced and seated.

THE CANADIAN PRESS

### + CONTROVERSIAL

#### NDP moving ahead with Leap Manifesto



Ryan Tumilty  
Metro | Edmonton

The federal NDP will study adding a controversial document to their party's policy over the objections of Premier Rachel Notley and many other Alberta New Democrats.

A motion to have riding associations across the country look at the Leap Manifesto, which calls for a change to the capitalist system, no new pipeline construction and a quick move to end reliance on fossil fuels, passed Sunday morning at the national convention.

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# Temple fire kills 100

## INDIA Hundreds more injured in fireworks accident

The Hindu temple in southern India was packed with thousands for a religious festival early Sunday when the fireworks began — an unauthorized pyrotechnic display that went horribly wrong.

Explosions and a massive fire swept rapidly through the Puttingal temple complex about 3 a.m. in the village of Paravoor, killing 102 people and injuring 380 others, officials said.

Scores of devotees ran in panic as the massive initial blast cut off power in the complex, while other explosions sent flames and debris raining down, a witness said. Many people were trapped inside.

"It was complete chaos," said Krishna Das of Paravoor.

"People were screaming in the dark. Ambulance sirens went off, and in the darkness no one knew how to find their way out of the complex."

Das said the first deafening explosion occurred as the fireworks display was about to end and as he was walking away. It was followed by a series of blasts, he added.

The fire started when a spark from the fireworks show ignited a separate batch of fireworks that were being stored in the temple complex, said Chief Minister Oommen Chandy, the top elected official in Kerala state.

Most of the more than 100 deaths occurred when the building where the fireworks were stored collapsed, Chandy told reporters. About 60 bodies have been identified so far, he added.

One of the explosions sent huge chunks of concrete flying as far as a kilometre, said Jayashree Harikrishnan, another resident.

THE ASSOCIATED PRESS



1 Debris of damaged structures lies on a wall decorated with motifs of Hindu gods at the spot where a massive fire broke out Sunday during a fireworks display at the Puttingal temple complex in southern Kerala state, India.  
2 An injured boy rests at the Kollam district hospital.  
3 People walk past damaged buildings.

AJAZ RAHI/THE ASSOCIATED PRESS

## BRUSSELS

# Second France attack planned, say officials

The extremists who struck Brussels last month and killed 32 people initially planned to launch a second assault on France in the wake of the November attacks in Paris, authorities said Sunday.

But the perpetrators were "surprised by the speed of the progress in the ongoing investigation" and decided to rush an attack on Brussels instead of going back to France, the Belgian federal prosecutor's office said in a statement. It didn't provide any details on the initial French plot or its targets. THE ASSOCIATED PRESS

## + ARRESTS

Belgian police detained four men in Brussels raids over the weekend in relation to the Brussels attacks. One of them, Mohamed Abrini, has also been charged in relation to the Paris attacks, prosecutors said.

Abrini has acknowledged being the "man in the hat" spotted alongside the two suicide bombers who blew themselves up at Brussels Airport, officials said.

## MACEDONIA

### Hundreds hurt as migrants confront border police

Migrants waged running battles with Macedonian police Sunday after they were stopped from scaling the border fence with Greece near the town of Idomeni, and aid agencies reported that hundreds of stranded travellers were injured.

Macedonian police used tear gas, stun grenades, plastic bullets and a water cannon to repel the migrants.

More than 50,000 refugees and migrants have been stranded in Greece after Balkan countries closed their borders to the massive flow of refugees pouring into Europe. THE ASSOCIATED PRESS



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## Plan Shannon: Public Presentation

Shannon Park Lands Development Concept



Canada Lands is pleased to invite the community to view the preferred development concept for the Shannon Park lands. The evening will include a presentation followed by informal conversation.

Since the spring of 2015 Canada Lands has received input from the community and stakeholders that has contributed towards the creation of a development concept that reflects the themes and principles identified and refined through the public engagement process.

Canada Lands will share its vision for the creation of a new and vibrant addition to the urban core. Please continue to participate in the planning of this exciting opportunity. If you are interested in attending, please mark your calendar and **RSVP through: shannonpark@clc.ca**

Date: Wednesday April 20, 2016

Time: 7:00 - 8:30pm

Location: Shannon Park School gym, 75 Iroquois Drive, Dartmouth



planshannon.ca



## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION Every month I spend at least an hour arguing with my telecom provider. How do I break this cycle?

Dear Ellen,  
My phone/cable TV/Internet provider keeps overcharging. Some months the bill is \$4 higher. Other times it's \$11. Every month I spend at least an hour on the phone trying to get them to fix the mistake once and for all. They always adjust the bill, but it keeps happening. I don't want to be rude but I don't want to spend so much time on the phone every month when the mistake is not my fault.  
T.R.

Dear T.R.,  
Wow. Your letter is a model of gracious restraint considering how much of your time and money is being wasted by a corporation that repeatedly makes false promises about fixing your problem, but clearly doesn't care enough about your business to actually follow through.

If this company were a romantic partner, I would say: "Break up with this sleazy, lying, thieving b—d once and for all, and find yourself a decent provider!" Except then you'd have to go out and



©A.C. Castile

do the telecom equivalent of online dating, desperately seeking a new provider in the hopes they won't try to lock you down in an exclusive, long-term relationship, then immediately start breaking promises and screwing you over the second you commit.

Which they probably will, because — as much as we hate to generalize here at Urban Etiquette — the fact is that phone/cable TV/Internet providers across Canada all tend to overcharge and under deliver. The proof is in the thousands of complaints received every year by the CRTC, the

government agency in charge of regulating broadcasting and telecommunications to hear that you "don't want to be rude" when you make these monthly, ultimately futile phone calls, but it would be understandable if you slipped up. We can hardly expect anyone to fret about manners while getting royally shafted (especially when the shaft comes with empty, scripted apologies that waste even more time in those stupid, endless phone calls that seem designed to wear us all down so we'll stop phoning to complain in the first place).

But in calls to customer representatives, rudeness is pointless and misplaced. The wage slave on the phone is not the one at fault, and has no real power to make the company deliver on its promises. This is why I begin every call to my own provider by saying: "Hello. I want to start by telling you that I may not be able to control my tone, because I am very angry and upset. Please understand that my anger is not directed at you, but at the evil overlords who run your terrible company."

As for your endless over-billing problem, I'm sorry I don't have a better solution for you. I do encourage you to register your complaint with the CRTC [crtc.gc.ca/eng/internet/plaint.htm](http://crtc.gc.ca/eng/internet/plaint.htm) and the Commissioner for Complaints for Telecommunications Services (CCTS) [ccts-cprst.ca](http://ccts-cprst.ca).

You might also want to check out Facebook groups hosted by both providers (Fido, Telus, Wind Mobile, etc.) as well as detractors (I Hate Bell Canada, Canadians Against Rogers, Shaw Cable Sucks, I Hate Telus, etc.). I don't recommend rude venting on any of these sites — toxic spirals on the Internet are good for no one. But responsibly describing your own ordeal and reading about others' can be both therapeutic and constructive.

If you're dissatisfied with this advice, feel free to speak to my manager in Retention. She'll probably just tell you what I told you, though.

**Need advice?**  
**Email Ellen:**  
[scene@metronews.ca](mailto:scene@metronews.ca)

## ROSEMARY WESTWOOD metroview



### My name is Rosie. I'm a Q-Tip addict.

My long-distance fiancé had just arrived for a visit. After the usual pleasantries, the first thing I asked was, "Did you bring the Q-Tips?"

I said it conspiratorially, with a tinge of addict's desperation. He thought it was funny, but a week later, I landed in the walk-in clinic. Actually, I would end up there three times in four days, and stay home from work to deal with the excruciating pain, akin to having your inner ear stabbed repeatedly with a knife.

Yes, I took two days off work, because of Q-Tips.

I don't know when it started. I only know that, after a certain point, I was hooked. It felt so good. It just wasn't just about cleaning. It was about scratching the itch, and feeling that oddly sensuous shiver. As any user knows, there is something deeply, inappropriately satisfying about Q-Tips.

I knew it was wrong. I'd read the warning on the package to never put a Q-Tip inside your ear — about as effective a deterrent as a "Do not eat" warning on a box of the world's tastiest ice cream. ("Use only as a body lotion.")

The walk-in doctor asked a few questions, and I had to admit my addiction. Knowing it was wrong, I had stopped a few months ago. But it

wouldn't be breaking the new rules if someone else brought the swabs, I had reasoned.

The doctor told me my ears were very clean and very swollen. The infection could be fixed with drops, he noted. "So just to be clear," I said, cupping my ears. "I did this to myself, with Q-Tips?"

"Yes." Walk-in doctors are constantly fielding cotton-swab injuries, he told me. "I can't believe they're still on shelves," he said. "A colleague and I joke that we should launch a class action lawsuit."

A lawsuit! For Q-Tips! And I would play the plaintiff. Because, really — as if cotton swab companies don't know how good their insidious products feel, as they caress those sensitive, rarely touched nerve endings. Worst of it all, as my ears started to heal, that old urge came back.

But I have sworn them off. Missing work over a Q-Tip was embarrassing enough the first time, but the pain is what's keeping me away. I would wake up in the middle of the night in agony, convinced my whole face and ears were stuck inside a clamp. I actually considered going to the ER.

Because of a Q-Tip. That joke's only funny the first time.

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- 6 Justin Bieber Company
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How well have Annick and Yolanda's finances improved? At the end of our three month series, **Metro's finance guru Lesley-Anne Scorgie** looks at the financial gains both women have made and finds they've collectively increased their net worth by nearly \$9,000

## Back on track after 12 weeks



**LESLEY-ANNE SCORGIE**  
metromoney

**THE CHALLENGE:** Twelve weeks ago Annick, 24 and from Calgary, and Yolanda, 27, from Mississauga, took on the Metro Money Makeover challenge to transform their finances. Both young women rolled up their sleeves to get financially fit and reach new money milestones by crushing debt and saving thousands.

**THIS WEEK:** These two young women shattered their financial limitations and collectively raised their net worth by nearly \$9,000! More importantly, Annick and Yolanda have new and lasting financial life skills that will ensure their dreams happen soon.

**THE RESULTS:** Financial success comes to those who work for it and Annick and Yolanda have done just that. After their 12-week financial transformation, I'm confident they're on track to financial independence which makes me a proud money coach.

### Annick

When Annick arrived in Calgary in 2010 from the Democratic Republic of Congo she had high expectations of a powerful Canadian education in energy management, a great job in a strong economy and dreams of home ownership by age 25.

But the cloud of student loans, high cost of living and few career prospects upon graduation due to disastrously low commodity prices crushed her finances.

Annick and I have worked almost exclusively on the reduction of her consumer debt. Our target date for her consumer debt-free was July 2016, but she beat that by a long shot! Just two weeks ago she triumphed over it with the help of a tax refund totaling \$2,780.

When her tax refund was deposited, she paid out all remaining balances. Today, Annick is left with a \$58,200 student loan and a small, but growing, group RRSP through her work.

**THE NEXT 12 MONTHS:** Annick must be careful not to slip back into old habits of overspending and instead focus on her goals of:

- Building an emergency fund (one year)
- Earning a better income (one to two years)
- Growing a down payment (three years)

Annick's long-term financial



**In 12 weeks Annick has eliminated her credit card balances and loans to friends and family.** JENNIFER FRIESEN/FOR METRO

goals require short-term trade-offs.

So if she wants her dreams badly enough, she'll swap concert tickets and car payments for contributions to her TFSA and RRSP.

**THE RESULTS:** When we met in December 2015, Annick's net worth was (\$62,450).

In 12 weeks, she's eliminated her credit card balances and loans to friends and family for a net worth improvement of \$5,300 to (\$57,150).

### Yolanda

In my first meeting with Yolanda she demonstrated a high ability to save money. But, the reason she wasn't seeing any progress on her money was because she was using her TFSA and RRSP like a bank account; draining the balances whenever vet bills or trips came up. Yolanda's challenge came down to learning to budget for her short-term needs while continuing to save towards her long-term goal of owning a home through her TFSA and RRSP. We identified three other financial areas requiring attention.

First, Yolanda is underpaid. Yes, she loves her communications job at a well known charity, but the big question is how much? Her low income is compromising her ability to save.

Second, she needed to establish a financial "buffer" account which could be used to pay for unexpected expenses.

Third, Yolanda is financially generous. But, her charitable contributions were getting larger by the month. Today she follows the 10 per cent rule.

Because of Yolanda's insatiable desire to own a home, she made the critical decision to move back home with her mother, allowing her to save more aggressively for a down payment.

**THE NEXT 12 MONTHS:** Yolanda's number one financial



**Yolanda has learned to budget for her short term needs.** LIZ BEDDALL/METRO

### NET WORTH

#### Assets

Savings	325
Pension	5,000
TFSA	1,300
RRSP	1,250

**Total Assets \$7,875**

#### Liabilities

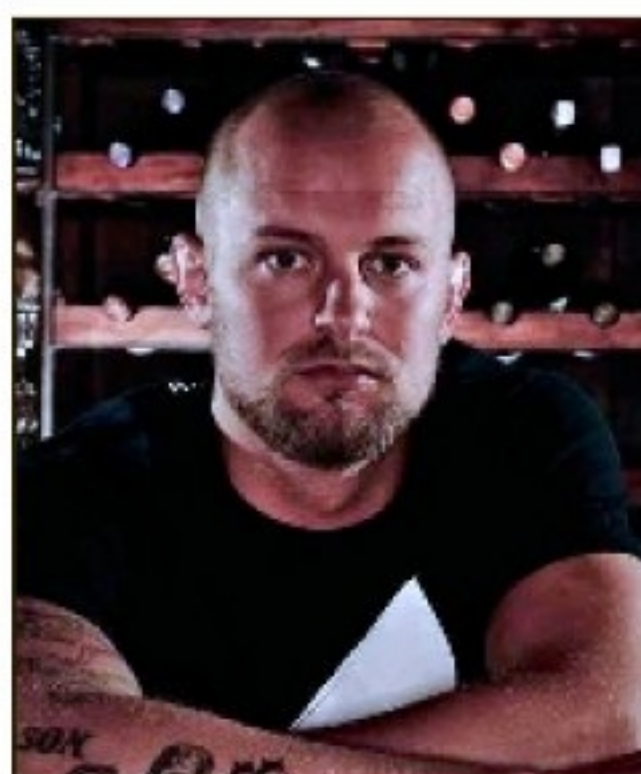
VISA	0
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**Total Liabilities \$7,875**

**Net worth \$7,875**

priority is saving \$30,000 for a down payment and closing costs.

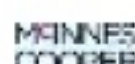
**THE RESULTS:** Since December 2015, Yolanda has improved her net worth by \$3,575 by setting up bi-weekly contributions to her savings account, pension, TFSA and RRSP. Her net worth is now \$7,875.



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## YOU CAN DO THIS ANIMATOR

## 'For me, it's about the people'

## WHY I LIKE MY JOB

**Hao Chen, 31, Creative Director, Vancouver, B.C.**

I grew into an art family; ever since I was young, I was drawing. I went to Emily Carr here in Vancouver. I got into the animation program and did the full three years and got my BA there.

Ever since, I've worked in the industry. I started with bigger studios, working on Barbie and Max Steele, and did post-production on some Hollywood films. Then I went back to school, for entertainment design in Los Angeles, and after a year I decided it was time to start my own thing. I freelanced for a while, then my business partner and I started our company, LineTest. We focus on advertisements, TV commercials, online campaigns, digital signage and mobile apps. We're a small studio, but we work with pretty big clients.

My job is to convey clients' ideas and campaigns to the artists in our studio. I also take care of the business side of LineTest. For me, it's about the people, whether it's meeting with clients and helping them with their vision, or working with artists. I learn a lot from other people, and I get inspired by new ideas that can only be created when a collective is brought together. METRO



PROVIDED

## THE BASICS: Animator

**\$49,782**

Median wage of animators, according to PayScale.com. Some even make as much as **\$78,426**, and can earn more as animation producers or creative directors.

**+9.1%**

The amount of growth expected in this field over the next four years

Data for this feature was provided by payscale.com, servicecanada.gc.ca, humber.ca, sheridancollege.ca, centennialcollege.ca, centennialcollege.ca, ryerson.ca and durhamcollege.ca

## HOW TO START

A Bachelor of Animation or a diploma in Computer Animation is a typical starting point for a professional animator.

## WHERE YOU CAN GO

Job titles and responsibilities for animators are diverse. Animators may work in feature film or television, on video games or in web design. They might become illustrators for medical textbooks or they could go on to become animation producers or creative directors in marketing firms. Depending on their strengths and interests, freelance animators often perform a mix of artistic duties.

## NEXT CAREER STEP

If they haven't studied it already, animators may want to explore post-grad studies in 3D Animation, or a certificate in Digital Animation or Digital Art Production. Artists working for marketing firms may choose to explore that field to accelerate career potential. METRO

## MONEY MATTERS

## They cost more than you think: Pay off your student loans

**Gail Vaz-Oxlade**  
For Metro Canada



Heaps of people are under the impression that the government wants to do right by students. What they don't know, because they've taken the preceding as gospel, is they may be paying more interest than they think.

True or False?

1. The six-month, no-payment grace period when you

leave school comes interest-free.

2. The interest rate on student loans is comparable to what's available at the bank.

3. You should use the student loan default repayment schedule to pay off your student loan.

If you answered True to any of these, you're misinformed. Did you really think that after years of giving you money for free while you were in school the government wouldn't find a way to get its pound of flesh?

Here's the reality:

1. The six-month grace period comes with interest. While you don't have to make a payment, your debt continues to grow. Graduate owing \$28,000 (which is the average), and that six-month deferral will cost you up to \$1,000 in extra interest. You'll have the option of paying it in a lump sum, but most people add it to their principal and end up paying interest on interest.

2. The interest rates on student loans are higher than you

typically get at a bank. Remember all those years you were in school using the government's money and paying not one red cent in interest? Since the government is going to get its money back one way or another, student loans come with a hefty price tag once the interest-rate clock is turned on. If you choose a variable interest rate, you'll pay prime + 2.5 per cent. If you choose fixed-rate, you'll pay prime + five per cent.

3. The student-loan de-

fault repayment schedule is designed to take ten years to pay off. The default term is 114 months, and most people go with that without giving it a second thought. If you graduate with \$28,000 of debt and choose default repayment at a variable rate, you'll pay more than \$8,000 in interest. (If you chose the fixed rate, it's more than \$12,000.)

Want to pay less interest? Once you've got a steady job, consolidate your student loans with an aggressive repayment

schedule. Plan to take three to five years to pay off an undergrad degree, five to seven years for a master's and seven to 10 years for a doctorate.

On the "Repay my student loan" link at canlearn.ca, you can compare payment options to see how much interest you'll end up paying. Your goal should be to pay no more than you absolutely have to.

For more money advice, visit Gail's website at gailvazoxlade.com

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# Hurricanes turn on toughness vs. Rats

NBL CANADA

## Halifax club douses rivals in second half of back to back

**Kristen Lipscombe**  
Metro | Halifax

The Halifax Hurricanes were back in full force on Sunday.

Following a 110-103 loss to the Saint John Mill Rats on the road Saturday night, the Canes came home to topple the same opponent 143-103 at Scotiabank Centre.

Guard Cameron Bennerman, who was traded to Halifax about a month ago in exchange for Anthony Criswell who went to the London Lightning, said the guys stuck together on Sunday.

"That's really what it's about," said Bennerman who led the way for the Canes with 19 points with five of six makes from beyond the arc.

“

**There's some good team unity going on right now.**

Hurricanes guard Cameron Bennerman



Olu Famutimi, left, and Chris Smith, right, of the Saint John Mill Rats try to stop Hurricanes forward Bradon Bowdry during Sunday's game at the Scotiabank Centre. JEFF HARPER/METRO

"This is a tough team," Bennerman said of the Mill Rats, who are hot on the trail of the Atlantic Division-leading Hurricanes. The Canes have a 23-9 record while the Mill Rats are 21-13 in second place.

"The game yesterday, we had some adversity; we tried to get over that hump, but we just couldn't do it," Bennerman said.

Six of Halifax's nine losses have been to Saint John.

"But today, we just came out, we had good energy, we were positive," the 31-year-old said. In fact, the Hurricanes took

an early 35-26 lead after the first quarter on Sunday, improving that to 69-52 by halftime.

Bennerman said he and his fellow boys in blue and white knew it was going to be "a whole new ball game" in the second half, as the Mill Rats would come out hungry for points.

"They've got the fire power to attack," said Bennerman, who has played professional hoops around the world, from various European countries to Australia, a journey across continents he has permanently inked onto his skin.

He also won two NBL championships with Windsor.

Forward Billy White contributed 19 points for the Hurricanes, while point guard Justin Johnson put up 17 points, pulled down seven rebounds and added 10 assists.

Keith Gayden scored 24 points and Chris Smith contributed 20 for the Mill Rats, but the Hurricanes pulled further ahead with a 112-73 lead after the third quarter.

The Canes outscored the Mill Rats 31-30 in the fourth to seal the win in front of 2,209 inside the downtown venue.

NHL

## Leafs' attention turns to draft picks

Auston Matthews will be on the Toronto Maple Leafs' mind for the next few weeks.

The Leafs will have a 20 per cent chance of landing the No. 1 overall pick at the NHL draft lottery on April 30. It's been 31 years since the club picked first at the draft and are guaranteed the best odds of doing so again this summer after a last-place season.

Matthews, a six-foot-two American centre, is expected to be picked first by whichever club ends up winning the first overall selection.

"He's a big, talented guy," Toronto head coach Mike Babcock said of Matthews. "But all we know for sure is that we have an 80 per cent chance of not being in on that pick. We know we're going to get a top-four pick, that's all we know and

we're going to be ecstatic with whoever we get.

"Some young man's going to be fortunate to get to be a Leaf."

A member of the U.S. national team development program for three seasons, Matthews spent this past year in the Swiss Hockey League, scoring 24 goals and 46 points in 36 games for Zurich.

He would join a promising pool of young talent in Toronto, fronted by the last two top Leafs picks — 19-year-old William Nylander and 18-year-old Mitchell Marner — the latter starring for the London Knights this season.

THE CANADIAN PRESS



**Auston Matthews**

THE ASSOCIATED PRESS

## IN BRIEF

### Senators GM steps down

Bryan Murray would have liked his time as general manager of the Ottawa Senators to have a better ending, but at least he is confident that he's leaving the position in good hands.

Less than 24 hours after the Sens' season ended, Murray announced Sunday he would be stepping down into a senior advisory role. In November 2014, Murray announced he had Stage 4 colon cancer. Pierre Dorion will take over as Senators GM. THE CANADIAN PRESS

### McDavid delivers as rookie

Connor McDavid did more than enough in his abbreviated rookie season to earn the respect of his teammates, who already see him as their present and future leader.

"On the ice he was everything and more," teammate and former No. 1 draft pick Taylor Hall said. "By the end of the year he was our leader on the ice.... The way he conducts himself off the ice and the kind of kid he is, he's a lot of fun to be around." THE CANADIAN PRESS

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MLB

## Jays back on winning track on strength of Estrada gem

Marco Estrada took up where he left off last season, throwing the Blue Jays an early season lifeline after four straight losses.

The Toronto right-hander, making his season debut after a sore back limited him in spring training, threw seven shutout innings and Josh Donaldson belted his fourth homer in a 3-0 win over the Boston Red Sox on Sunday before a Rogers Centre sellout of 46,158.

After three blown save opportunities by the bullpen and

SUNDAY in Toronto

**3** **0**  
BLUE JAYS RED SOX

a difficult outing for knuckleballer R.A. Dickey, Toronto (3-4) needed some shutdown pitching. Estrada obliged in his 100th career start, showing why the Jays rewarded him in the off-season with a \$26-million US,

two-year contract.

Estrada (1-0) outduelled Boston knuckleballer Steven Wright, who blanked the Jays for 5-2/3 innings after giving up two runs in the first.

Estrada shut down a Boston team that had scored 28 runs in its first four games, including 16 in the previous two in Toronto.

He struck out eight while limiting the Red Sox to five hits and two walks in an economical 91-pitch outing that featured 62 strikes. THE CANADIAN PRESS



Danny Willett reacts after finishing on the 18th green on Sunday. DAVID CANNON/GETTY IMAGES

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## Willett rises after Spieth collapses

MASTERS

### Englishman's bogey-free round earns green jacket

Danny Willett in a green jacket was hard to believe considering he wasn't even sure he could play the Masters two weeks ago.

Jordan Spieth was even more stunned.

Nine holes away from history, the defending Masters champion threw it all away in a collapse around Amen Corner that was shocking even by Augusta National standards. He played the opening three holes of the back nine in 6 over par, including a quadruple bogey at the 12th.

Willett, five shots behind



Jordan Spieth finished in a tie for second. GETTY IMAGES

with six holes left to play, birdied three of his last six holes to polish off a round that might not get its due because of Spieth's meltdown. He closed with a 5-under 67, with no bogeys on his card, to match the best score

of the weekend.

The 28-year-old Englishman wasn't even planning to play. His wife was due with their first child on this very day. Their son, Zachariah James, was born on March 30, clearing Willett to a most unlikely path to becoming a major champion.

Willett won in his second Masters, ending Europe's 17-year drought at Augusta National, and he became the first player from England to win the green jacket since Nick Faldo in 1996.

How fitting. Faldo also shot 67 that day in a final round remembered more for Greg Norman throwing away a six-shot lead.

Spieth, trying to become the first player in history to win wire-to-wire in a major in successive years, closed with a 73 and tied for second with Lee Westwood (69).

THE ASSOCIATED PRESS

## IN BRIEF

### Leicester qualifies for Champions League

Leicester qualified for the Champions League for the first time on Sunday and moved closer to the Premier League title with a 2-0 win at struggling Sunderland.

Jamie Vardy scored both goals to take his tally for the season to 21 goals. The goals kept Leicester seven points clear of Tottenham, which beat Manchester United 3-0, and guaranteed a top-four finish for the central England team.

THE ASSOCIATED PRESS

## CURLING

## Canada wins men's championship

Kevin Koe led Canada to its first men's world curling championship in four years with a 5-3 victory over Denmark on Sunday.

With the score 3-3 in the ninth end, the Calgary rink scored a decisive two points when Danish skip Rasmus Stjerne barely missed on a double-runback raise attempt, giving Koe an open draw.

Canada kept Denmark off the scoresheet in the 10th, thanks in part to a double takeout by third Marc Kennedy.

“

**It's so hard to win the Brier, so you just want to win the worlds when you get here.**

Kevin Koe

Glenn Howard won Canada's last men's title in 2012.

THE CANADIAN PRESS



# RECIPE Baked Eggs with Asparagus



PHOTO: MAYA VISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We never underestimate the power of an egg, especially when it comes to making healthy and fast dinners. Two eggs and you're practically a superhero.

**Ready in**  
Prep time: 5 minutes  
Cook time: 15 minutes

**Ingredients**

- 1 tsp olive oil
- 8 asparagus spears, trimmed and chopped
- 2 eggs
- 1/4 cup Parmesan cheese, grated
- salt and pepper

**Directions**

1. Preheat the oven to 400 degrees.

2. Pour your olive oil in a small, oven-proof skillet and bring up to medium heat. Add the asparagus pieces and sauté until they just begin to soften, about 3 to 5 minutes. Spread the vegetables evenly across the pan.

3. Crack the eggs over the asparagus. Carefully place the skillet into the oven. Bake for 5 minutes.

4. Using an oven mitt, slide the pan out of the oven. Sprinkle the Parmesan cheese across the top of the whole pan and gently place back in the oven. Bake for another 5 minutes, or until the eggs are cooked to your liking.

4. Serve with buttered toast.

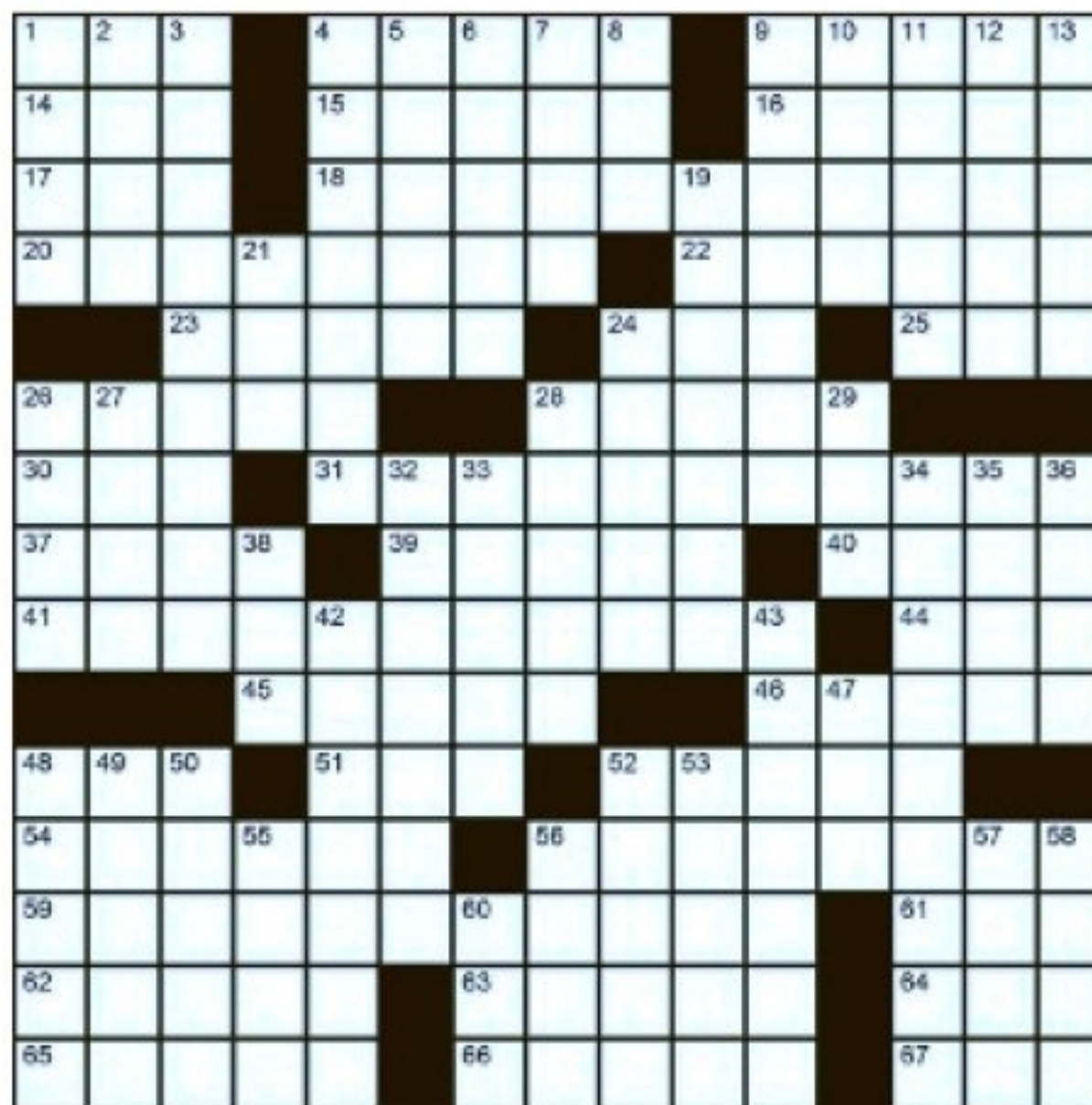
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Razors brand
4. University \_\_ Brunswick
9. Athlete's contraction
14. Soul part, in ancient Egyptian mythology
15. Adam van \_\_, Flemish painter
16. Patchy-coated horse
17. \_\_ culpa!
18. Radio \_\_
20. \_\_ and Mastodons: Titans of the Ice Age (Current exhibit at the Ontario Science Centre in Toronto)
22. Unspecified individual
23. English diarist, Samuel \_\_ (b.1633 - d.1703)
24. Couplet
25. Telephone bk. listings
26. "Look \_\_ Did!" (Check out my accomplishment!)
28. Feudal workers
30. Cleaning item
31. Toronto subway station: 2 wds.
37. Uncle's wife
39. What one can do with #1-Across
40. Prefix meaning 'thought'
41. Glacial epoch for the creatures at #20-Across
44. \_\_-dee... (Funny!)
45. Spring flower
46. Petrograd prohibitions
48. Little devil
51. You \_\_ by Lionel Richie



52. Storms
54. Certain cold cut
56. Minus
59. Maritimes History: Its colours are blue, white and red ...and there's a gold star in the upper left corner: 2 wds.
61. Verify
62. Walking sticks

63. Scottish hymn: \_\_ That Wilt Not Let Me Go
64. Time-saver's abbr.
65. Chirp
66. Sharp \_\_ (Like a knife)
67. Musical note before lah

### DOWN

1. The Rubbles' baby, when doubled
2. Swedish furniture store
3. Region/drink in France
4. Not deviating from the subject matter: 2 wds.

5. Sixty minus twenty's answer
6. Ark builder's namesakes
7. Coastal birds
8. Scale amts.
9. Laverne & Shirley ...to Happy Days
10. Sympathy
11. Playwright Mr.

- Chekhov
12. Shorthand [abbr.]
13. Traditions
19. Ms. McTeer (Wife of 16th Prime Minister Joe Clark)
21. The \_\_ (NYC opera attraction)
24. Inquire
26. Shawl
27. Transport via truck
28. Birth name of singer Fergie, \_\_ Ann Ferguson
29. \_\_ Lanka
32. The Waldorf= \_\_ (Landmark hotel in New York)
33. Beamed
34. Glues and tapes
35. Tidy
36. Michael \_\_ (Fashion designer)
38. Journalist's story origin
42. Nautical vision blurrer: 2 wds.
43. Set to be married
47. Nevertheless
48. "All I gotta do \_\_ naturally...": Country tune bit
49. Beautiful bird
50. Carpentry tool
52. Record anew, as on a ship
53. Succulent plant
55. "Chick" suffix
56. St. John's locale [abbr.]
57. Disallow
58. Inscribe
60. San Francisco's \_\_ Valley

## ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You are creative and artistic. (Aries is the sign of the artisan in the zodiac, which is why you can do anything with your hands.) Today you are full of amazing, original ideas!

**Taurus** April 21 - May 21  
Something having to do with your finances or your possessions is a bit unreliable today. Double-check all transactions. Postpone important purchases until tomorrow.

**Gemini** May 22 - June 21  
Today the moon is in your sign; however, its influence is unpredictable. Therefore, keep a low profile and don't get excited about things. Tomorrow is a stronger day.

**Cancer** June 22 - July 23  
You might kid yourself about knowing what you are doing today, when in fact you really don't. Therefore, postpone important decisions until tomorrow. If you must act, do it in the morning.

**Leo** July 24 - Aug. 23  
This is a great day to schmooze with others! Spontaneous social situations will arise suddenly. Someone you least expect might want to see you. (It's an interesting day).

**Virgo** Aug. 24 - Sept. 23  
Relations with authority figures are unpredictable today. Whatever happens, you will want to be free of what they dictate. You don't want anyone telling you what to do today.

**Libra** Sept. 24 - Oct. 23  
Travel plans will be interrupted or cancelled today. Alternatively, unexpected travel plans might arise. That's because today is a bit of a crapshoot.

**Scorpio** Oct. 24 - Nov. 22  
If dealing with financial matters, especially with shared property, inheritances and such, make sure you have your facts right. Something unexpected could torpedo something.

**Sagittarius** Nov. 23 - Dec. 21  
Be prepared to accommodate others today, because the moon is opposite your sign. Furthermore, it is dancing with Uranus, which means people are unpredictable. Keep your eyes open!

**Capricorn** Dec. 22 - Jan. 20  
Allow yourself extra time at work today so that you have wiggle room to cope with something unexpected. Today will be full of short-ages, delays and goofy mistakes.

**Aquarius** Jan. 21 - Feb. 19  
This is a mildly accident-prone day for your kids, so be vigilant. Meanwhile, planned social events might change, while unexpected social events might occur.

**Pisces** Feb. 20 - March 20  
Your home routine will be interrupted today. Small appliances might break down, or something unexpected will occur. Just be aware of this so that you are prepared.

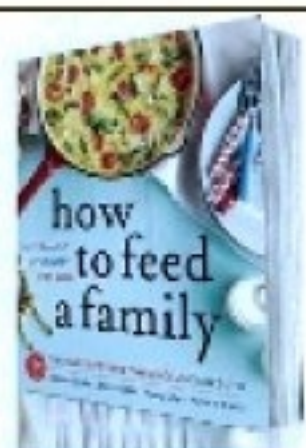
## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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